

ADULT KARATE

April 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 SPARRING	31 COMBINATIONS	1 AIKIDO	2 SELF DEFENSE	3 GOOD FRIDAY CLOSED	4
6 KATA	7 IPPON KUMITE	8 AIKIDO	9 SPARRING	10 BB CANDIDATE WORKSHOP	11
13 IPPON KUMITE	14 SPARRING	15 AIKIDO	16 KATA	17	18
20 COMBINATIONS	21 KATA	22 AIKIDO	23 SELF-DEFENSE	24 BB CANDIDATE WORKSHOP	25
27 KATA	28 IPPON-KUMITE	29 AIKIDO	30 BOARD BREAKING	1	2 PARENT STUDENT KARATE